

STOP THE FLU TEXASFLU.ORG



STAY HOME

If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



PLAN

Even if you're not sick, plan ahead. Stock food and medicine to last several days for family and pets. Also check into alternate work options and child care, in case your family gets the flu.



STAY INFORMED

Get the latest updates at TexasFlu.org.



DIAL 2-1-1

Dial 2-1-1 for flu vaccination locations in your area.

Stopping the **FLU** is up to you.



TEXAS
Health and Human
Services

Texas Department of State
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